

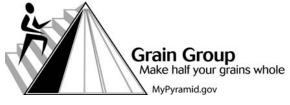
(last updated, 05-14-07)

USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

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B384 - GRITS, CORN, YELLOW, ENRICHED, 5 LB

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CATEGORY	Grains/Breads
PRODUCT DESCRIPTION	Yellow corn (hominy) grits, coarse or fine ground, enriched with thiamin, riboflavin, niacin, folic acid, and iron. May have vitamin D and calcium added.
PACK/YIELD	• 8/5 lb bags.
	• One 5 lb bag AP yields about 13¾ cups dry, regular grits OR about 62¾ cups cooked grits and provides about 251.5 ¼-cup servings cooked grits OR about 125.5 ½-cup servings cooked grits OR about 83.5 ¾-cup servings cooked grits.
	• One lb AP yields about 2¾ cups dry, regular grits OR about 12½ cups cooked grits and provides about 50.3 ¼-cup servings cooked grits OR about 25.1 ½-cup servings cooked grits OR about 16.7 ¾-cup servings cooked grits.
	• CN Crediting: ¼ cup cooked grits provides ¼ cup cooked cereal grain OR ½ cup cooked grits provides ½ cup cooked cereal grain OR ¾ cup cooked grits provides ¾ cup cooked cereal grain.
STORAGE	• Store corn grits off the floor in a cool, dry, well-ventilated place (ideal temperature of 50 °F and relative humidity between 50 and 70%).
	If ideal storage conditions are not available, store corn grits under refrigeration.
	Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.



Nutrition Information

Grits, yellow, enriched, regular and quick, dry and cooked without salt

	½ cup, dry (39 g)	½ cup, cooked (121 g)
Calories	145	71
Protein	3.43 g	1.72 g
Carbohydrate	31.04 g	15.57 g
Dietary Fiber	0.6 g	0.4 g
Sugars	0.25 g	0.12 g
Total Fat	0.47 g	0.23 g
Saturated Fat	0.06 g	0.03 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.52 mg	0.73 mg
Calcium	1 mg	4 mg
Sodium	0 mg	2 mg
Magnesium	11 mg	6 mg
Potassium	53 mg	25 mg
Vitamin A	1 IU	38 IU
Vitamin A	0 RAE	2 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.05 mg	0.02 mg



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PREPARATION/ COOKING INSTRUCTIONS	 Do not wash or rinse corn grits before cooking. Enrichment does not wash out, but some natural food value is lost. For 100 ½-cup servings: Add 4 lb (2 qt 3 cups) corn grits to 3¾ gal of boiling water with 2 oz (¼ cup) salt (optional). Boil for 10 minutes, stirring frequently. Reduce heat and simmer, stirring occasionally.
USES AND TIPS	 Use corn grits in combination with meat and cheese in main dishes or in puddings for desserts. Serve enriched corn grits as a hot cereal or use in breads and muffins.
FOOD SAFETY INFORMATION	• Visually inspect for presence of foreign substances, insects, or mold before use.
BEST IF USED BY GUIDANCE	 For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: http://www.fns.usda.gov/fdd/facts/biubguidance.htm. For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf.